greatest hits more 103.9fm
more more more!

A GOURD SPORT
LOCAL MAN MAKES IT INTO THE GUINNESS BOOK {page 2}

DROP KICK
THE ALOUETTES LIMP INTO CFL PLAYOFFS {page 17}

LONDON metro®
Monday, November 7, 2011
www.metronews.ca
News worth sharing.

London prof held by Israelis

David Heap one of three Canadians captured off Gaza ◗ Peace group was taking humanitarian aid to Palestinians

MIKE ARSENAULT
LONDON@METRONEWS.CA

A French and linguistics professor from UWO remained in an Israeli prison yesterday, two days after being taken into custody off the Gaza Strip.

David Heap, 45, of London, was working with the Canadian Boat to Gaza — a humanitarian group aiming to stop the Israeli-backed naval blockade of the strip — when he and about 20 others were taken captive. He was aboard the Tahrir, which means "freedom" in Arabic.

"They captured the boat in international waters, which is a violation of international law," said Wendy Goldsmith, one of Heap's colleagues and a member of People for Peace.

Israelis say the blockade, enacted in 2007, is designed to prevent weapons from being smuggled into the Mediterranean port. Goldsmith and others believe the government is using the mandate to keep humanitarian aid from reaching the Gaza Strip.

"Although I was Tasered during the assault on the Tahrir, and bruised during forcible removal dockside (I am limping slightly as a result), I am basically ok."
DAVID HEAP'S POST ON CANADIAN BOAT TO GAZA WEBSITE, TAHRIR.CA

"We've repeatedly said, 'We're unarmed, non-violent peace activists,' and we've invited people to inspect our ship independently," Goldsmith said. "No one's taken us up on the offer."

After repeated requests to turn back or dock in Egypt, the Tahrir was deluged with water cannons and then boarded by Israeli forces. All the activists on board were taken into custody.

During a visit with lawyers in his prison cell, Heap managed to draft a letter informing people of their ordeal. The letter was posted on the Canadian Boat to Gaza website, Tahrir.ca.

ADEL HANA /THE ASSOCIATED PRESS

▶ Palestinian children wave national flags on Friday to show their support for a two-vessel attempt to reach the Gaza Strip. Londoner David Heap was on one of the boats and was captured when the Israeli military boarded. Heap and others were trying to break Israel's blockade of the Palestinian territory.

It is rumoured that the activists will be released after 72 hours. Goldsmith is reluctant to believe that.

"I don't trust the Israeli government or the Israeli military one bit, so I think they'll release them when they feel like it, and we won't know until it happens," she said.

In his letter, Heap requested that the activists receive "adequate reading and writing material, regular phone calls" and information about the safety of their female colleagues, who are being held separately.

WITH FILES FROM THE CANADIAN PRESS

1 news

The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video

Follow us on Twitter @themetrolondon

Man shot after leaving party

A man was in critical condition yesterday after a shooting near Boullee and Krupp streets.

Police said the victim was attending a private party at a Boullee Street community hall prior to the 4 a.m. incident.

The man's name and age had not been released yesterday afternoon.

Police are asking anyone who was at the private party or anyone who witnessed the shooting to call 519-661-5670 or Crime Stoppers at 1-800-222-8477. METRO

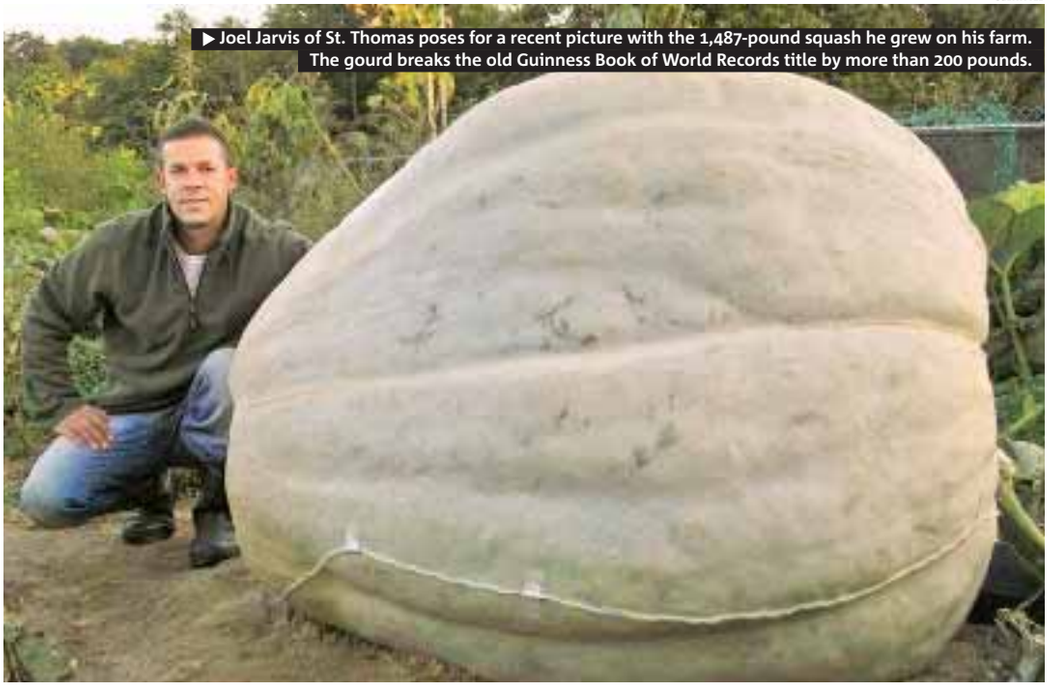
Golden prize offered in slipper hunt

The Richmond Row Association is kicking off its annual Christmas Walk today with a contest to find Cinderella's Missing Slippers.

Londoners have until Nov. 25 to find five slippers hidden in businesses along the row. People who are successful in the hunt are eligible for a $3,000 grand prize. Another $3,000 in bonus prizes are also available.

The actual Christmas Walk along Richmond Row will be Nov. 24 to 25, from 5 to 9 p.m. Offerings will include rides in a horse-drawn carriage, caroling, a visit from Santa Claus and his reindeer and a chance to win prizes. Some of the more than 65 businesses expected to participate in the event will offer in-store specials and holiday treats. METRO

SUBMITTED



▶ Joel Jarvis of St. Thomas poses for a recent picture with the 1,487-pound squash he grew on his farm. The gourd breaks the old Guinness Book of World Records title by more than 200 pounds.

Super-squashing the Guinness competition

▶ Man sets Guinness World Record for largest squash
▶ New record-holder has his hands in London businesses' green spaces

MIKE ARSENAULT
@METRONEWS.CA

Joel Jarvis knows his way around super vegetables.

He's been growing them since the ripe age of 11.

"You pick up little (techniques) along the way," the St. Thomas resident said. "It's just persistence, I think. That's the reason for my success."

Jarvis, who puts his green thumb to work daily in Forest City office buildings, recently plucked a 1,487-pound squash off the vine at his hobby farm. The gourd trumps the old Guinness record by more than 200 pounds.

There's a lot more to cultivating gargantuan vegetables than just planting the seeds and watching them grow, Jarvis said. It can be a painstaking process that requires constant vigilance.

"It's a labour of love," he said. "Once you see (the vegetables) start to grow, you can do 40 or 50 pounds a day."

While Jarvis' day job with London Interiorscapes helps funnel his love for growing, he's yet to have any requests for creating anything too out of the ordinary.

"We look after interior plants in office buildings — upkeep and maintenance of live, tropical plants," Jarvis said. "If they want to put a squash or something (in the lobby) I would be more than happy to make that happen."

Do it yourself

Joel Jarvis' tips for those who want to grow "uberveggies":

1 Have the soil at your growing site tested.

2 Provide lots of tender loving care.

3 Pump up the nitrogen levels in the first three months — then decrease, and up the potassium levels

Knights keep up winning ways

The London Knights (15-2-0-1) continue to steamroll across the OHL, flattening all opponents along the way.

London beat Brampton 4-2 on Friday night. Matt Rupert led the way with two goals.

The Knights travelled to Erie to face the Otters on Saturday night and came away with a 4-3 victory.

31
Number of points on the season for the London Knights.

Brett Welychka and Olli Maatta scored their first goals of the season.

London remains first overall in the OHL. METRO

▶ Matt Rupert

Lightning continue to strike

The London Lightning maintained their perfect record yesterday with an 81-70 victory over the Saint John Mill Rats.

The game, played in New Brunswick, was a story of anemic offences in the first half, as the Lightning and Mill Rats stumbled to 32-30 London lead after two quarters.

Lightning shooters found their strokes in the second half as the team rode a 28-point fourth quarter to victory. Forward Tim Ellis paced London's offensive attack with 18 points.

London is in first place in the NBL of Canada, which last week named Lightning's Gabe Freeman player of the week. METRO

Petal. Pusher

▶ Ian Greasley, owner of Bloomers at the Market, puts the finishing touches on a flower arrangement Friday. Bloomers is one of two businesses nationwide that recently received a 2011 Retailer of Distinction award from the Canadian Gift and Tableware Association. The flower shop opened 27 years ago on Richmond Street and now operates out of the Covent Garden Market.

ANGELA MULLINS/METRO

Bloomers comes up roses at retailer awards

Tact hopes app-a-thon will put it on tech map

Local company working to make daily deals more accessible Dealzinga, Presentify.me designed to make sites like Groupon easier to manage

MIKE ARSENAULT
LONDON@METRONEWS.CA

Sunday is typically a day of rest.

But for Alex Vander Hoeven and the rest of the crew at Tact Marketing Inc., yesterday was the exact opposite of relaxing.

At 2 p.m., the 29-year-old UWO grad and three others sat down, flipped open their laptops and started a 24-hour app-a-thon. By this afternoon, Presentify.me — the newest thing to hit the social-media-deal market — is expected to be ready for the masses.

MIKE ARSENAULT/FOR METRO

"There's a real opportunity for London to become a prominent player in the tech industry."
ALEX VANDER HOEVEN, 29
CO-FOUNDER OF TACT MARKETING

"We basically just have a landing page," Vander Hoeven said yesterday afternoon. "Otherwise, we haven't done anything — we're going to try to pull this off overnight."

The general idea for Presentify.me has been gestating for a while, but the folks at Tact are keeping details about the app under wraps until the work is done. People who can't wait that long can catch some sneak peeks by checking out @presentifyme on Twitter.

"It fits perfectly with the holidays coming up," Vander Hoeven said about the app.

After graduating from the MBA program at Western's Richard Ivey School of Business in April, Vander Hoeven ignored the siren song of Toronto — his hometown — and opened Tact in the Forest City with a couple of friends.

The company's first app — Dealzinga — hit the market a short time later.

$840K
Cumulative amount raised since the London Run for Ovarian Cancer started 9 years ago.

Run's proceeds presented to LHSC

The London Health Sciences Centre has received a $120,600 cheque from organizers of the London Run for Ovarian Cancer, held in May. The money will benefit ovarian cancer research at the London Regional Cancer Program. Organizers of next year's run, which will be the 10th annual, hope to bring the overall fundraising total to $1 million. For details about the event, visit runforovariancancer.ca.

METRO

Barenaked Ladies a surprise for auction-goers

CONTRIBUTED

▶ The Barenaked Ladies perform Saturday during the LHFS's Country Classic Auction.

More than 1,000 people were caught off guard Saturday when the Barenaked Ladies took the stage during the London Health Sciences Foundation's Country Classic Auction.

The annual auction raises money for Women's Health Services, including those delivered at the Grace Donnelly Women's Health Pavilion at Victoria Hospital's new North Tower.

More than 100,000 patients are expected to be cared for in the new facility each year. The auction has raised more than $7.1 million in 23 years. This year's donations are still being counted. METRO

OCCUPY LONDON

Occupiers stay as city says shoo

Members of Victoria Park's Occupy London encampment seem unfazed by the city's latest attempt to move them out of the park.

"There was fear (initially)," Kasemer Hawrylak, 20, of London said about a city letter delivered to the group Thursday night. "But there's been a shift in positions from our town council. Councillors have been coming down here in support of us."

The letter again asked the occupiers to remove tents from the park, and indicated that the Charter of Rights and Freedoms does not override local bylaws.

Hawrylak thinks the support the movement has received from others, including unions, will supersede the city's desire to move the occupation. The number of people attending the protesters' meetings and the mood around the camp is positive, he said.

"If I believed in auras, everyone would be glowing yellow right now." METRO

To read the letter from the city, visit metronews.ca/london

Masked man sought in robbery

Police are looking for a suspect in a Friday robbery at the Mac's convenience store at 925 Wonderland Rd. S. The man was wearing a mask and carrying a knife when he entered the store shortly before midnight, police said. He took cash from the clerk and was last seen running west on McMaster Drive.

METRO

Head-on crash injures one

A 22-year-old London woman is facing impaired-driving charges after a head-on crash yesterday near Highbury Avenue and Brydges Street. Police said the woman turned in front of a northbound vehicle about 4 a.m. The man driving the other vehicle was taken to hospital with minor injuries. Both vehicles received about $10,000 worth of damage. METRO

Vets feeling excluded by Tories

Modern-day soldiers more aware of rights Feds increasing benefits

The first Remembrance Day following the end of the Canadian combat mission in Afghanistan finds many vets disillusioned with the Conservative government, despite its promises of cash and its words of support for the troops.

This hardened cadre is refusing to go quietly into history, concerned that Ottawa is treating them as second-class of veteran compared with those that fought in the world wars and Korea.

At the same time, the public is in a reflective mood about not only the future of its armed forces, but what it has asked of men and women in uniform since 9-11.

Former veterans ombudsman Pat Stogran says the reflex of the government, and to a lesser extent the general public, is to forget about Afghanistan. He points to the reluctance of Ottawa earlier this year to carve the conflict into the stone of the National War Memorial.

He says the exclusion speaks volumes to soldiers.

THE CANADIAN PRESS

Peacekeepers?

- A survey conducted by Ipsos Reid and posted online by the government, shows that 52 per cent believe the Canadian military should take an active role in future conflicts, a change from repeated polls conducted during the war that suggested a majority wanted a return to blue-beret missions.

Britain. Investigation

▶ Emergency services continue to attend the scene of a multiple fatal collision near Junction 25 on the M5 motorway, Saturday, in Taunton, England.

MATT CARDY/GETTY IMAGES

Fireworks may have caused horrific crash

Police investigating the cause of a 34-car pile-up on a major British highway that killed seven people and injured 51 are focusing on a fireworks display near the accident site. Initial reports suggested fog and wet road surfaces were partly to blame for the huge collision, but police say they have now zeroed in on the fireworks show after evidence taken from witnesses indicated that black smoke emerging from it may be the main culprit. Rescue workers have described the road accident as one of the deadliest in the country in years.

Man accused of throwing woman, kids over balcony

A man has been charged with three counts of attempted murder after a woman and her two young children plunged off a fourth-floor balcony in Toronto's east end.

Toronto Police Staff Sergeant Mike Ervick says the children — a two-year-old and an eight-month-old infant — suffered life-threatening injuries, but adds that doctors at Sick Kids Hospital are hopeful both will survive.

He says their mother, believed to be in her thirties, is being treated for serious injuries at Sunnybrook Hospital and is expected to recover.

The 27-year-old man accused in yesterday afternoon's incident also went over the balcony but wasn't hurt in his fall.

Police aren't releasing his name to protect the identity of the victims.

He made a brief appearance in court this morning and has been remanded into custody.

Police say he is charged with three counts of attempted murder, three counts of aggravated assault, one count of an attempt to disarm a police officer and two counts of assault attempt to resist arrest.

There's been no official word on the suspect's relationship to the victims.

Grief councillors are being made available to talk to anyone who witnessed yesterday's traumatic events, including police.

TORSTAR NEWS SERVICE

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Late Saturday, a man allegedly threw a woman and two children through this fourth floor window in Toronto.

Weekend violence leads to U.S. warning

U.S. officials warned yesterday that luxury hotels frequented by foreigners and Nigeria's elite may be bombed by a radical Muslim sect as the death toll from attacks in the country rose to more than 100.

The warning shows how seriously diplomats take the threat posed by the outlawed Islamist group known locally as Boko Haram, which previously bombed the UN headquarters in the capital, Abuja, killing 24.

THE ASSOCIATED PRESS

Newspaper office set on fire

More than a dozen people barged into the offices of a newspaper in central Mexico yesterday, dousing it with gasoline and setting it aflame.

Veracruz state Deputy Attorney General Enoch Maldonado said no injuries have been reported following the attack on the newspaper El Buen Tono in Cordoba, about 210 kilometres east of Mexico City. About 20 employees were inside at the time.

The newspaper, which began publishing a month ago, has sharply criticized some local authorities.

THE ASSOCIATED PRESS

Drug dealer turns informing into cash

The conviction of an ex-Soviet officer known at the Merchant of Death can be credited in part to the work of a U.S. informant who has made more than $9 million for his undercover work over the past 15 years.

Carlos Sagastume was a star witness at the weapons sale trial of Viktor Bout. The federal court trial ended Wednesday with a conviction that could land Bout in prison for the rest of his life.

THE ASSOCIATED PRESS

Occupy party over for mayor

Vancouver mayor has instructed city officials to look at closing the site safely and peacefully

Woman's death points to camp safety risk

DARRYL DYCK/THE CANADIAN PRESS

▶ Police officers and city officials stand at an entrance to the Occupy Vancouver site last Saturday. A woman at the protest camp died Saturday afternoon.

The death of a woman at the Occupy Vancouver camp means the site has become so unsafe that it must be shut down as soon as possible, says Vancouver's mayor.

The 20-year-old woman was found unresponsive in a tent at the site in front of the Vancouver Art Gallery on Saturday afternoon, two days after a man suffered a non-fatal overdose at the encampment.

"There is a serious problem here and we want to address it urgently," said Mayor Gregor Robertson. The woman's death is tragic and is also upsetting for him because he has a 20-year-old daughter, he said.

Occupy Vancouver supporters tried to drown him out as he spoke to reporters, with one woman shouting that at least his daughter has a home.

"I think the protest on the really important issues that many of us are passionate about is being undermined by a tent camp and the issues around the right to camp on public space, which is really unfortunate," Robertson said. THE CANADIAN PRESS

Occupy issues

Robertson said the city is looking at a number of options that includes a possible injunction to end the encampment.

- **The fire department** has ordered campers to take safety precautions such as spacing tents further apart, but their words have been ignored.
- **Vancouver police won't** release the woman's cause of death or her identity as they try to contact her family.
- **But, several people at the** protest site said she died of a drug overdose and heckled the mayor over public funding.
- **The Occupy Vancouver site** has become a major issue in the lead up to this month's civic election as Robertson vies to keep his job.

Ottawa protester claims he was scammed at camp

A vulnerable young man who says he was conned into putting a $600 on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at the Rideau Centre last Saturday.

"But actually the phone wasn't free," he said.

Diabate used his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

The man promised to pay Diabate back but left the camp a couple of days later without paying and now is nowhere to be found.

Diabate filed a police report and spoke with a Telus representative on Saturday. JESSICA SMITH

Halifax protesters hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. METRO

Canadian veteran to continue hunger strike

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Pascal Lacoste speaks to his mother while sitting in his SUV in Levis, Que., yesterday. Lacoste, a former soldier who says he was poisoned while serving overseas, started a hunger strike on Saturday.

A military vet who began a hunger strike on Saturday still hasn't had any food after rejecting an offer for treatment from Veterans Affairs Minister Steven Blaney.

Pascal Lacoste said yesterday he won't have another bite to eat until the federal government recognizes that he and countless other soldiers were poisoned while serving overseas. He says he's prepared to die if that's what it takes.

Lacoste blames his own declining health, which includes chronic pain and a degenerative neurological disorder, on depleted-uranium poisoning he believes he contracted in Bosnia in the 1990s.

He started his hunger strike on Saturday at noon at Blaney's riding office in this community across the St. Lawrence River from Quebec City.

Blaney met with Lacoste early Sunday and promised that medical specialists would provide him with the treatment he requires.

"The minister implores the veteran not to endanger his health and to accept the treatments which have been offered to respond to his short- and medium-term needs," said Blaney's spokesman Jean-Christophe de le Rue.

After meeting with the specialists, however, Lacoste said he had decided to continue the hunger strike because he didn't only want treatment for himself.

He wants recognition that other soldiers have been poisoned with depleted uranium, some of whom he says don't even know it.

"We're doing this for all the Canadian veterans who suffer from this problem at home in silence," Lacoste, a 38-year-old Quebec City resident, said by phone Sunday evening.

He acknowledged he was offered "tests in a reputable clinic and any treatment that would be required" but refused, saying "an offer just for me is unacceptable." THE CANADIAN PRESS

INDIA
LONDON
REDDI RAO
Sub Investigator/Senior Clinical Coordinator, KGK Synergize Inc.
SOURCE LOCALLY. HIRE GLOBALLY.
Today's shortage of skilled workers will only get worse. The good news is untapped talent is already here. One in five Londoners are immigrants and most are professionally trained. That's why hiring immigrants is the right thing to do – it makes for good business.
CONNECT WITH TALENT | GET PEER-TO-PEER EXPERTISE
CALL US TODAY!
519-663-0774
WWW.LMIEC.CA
L M I E C
London-Middlesex Immigrant Employment Council

United government in works for Greece

- Prime minister says he won't be leading the way
- Government survived confidence vote Saturday

Greece's embattled prime minister and the head of the main opposition party reached an initial agreement last night to form an interim government that will ensure the country's new European debt deal and then lead Greece to early elections.

The announcement came after President Karolos Papoulias chaired crisis talks between Prime Minister George Papandreou and opposition leader Antonis Samaras, capping a week of drama sparked by Papandreou's announcement he was taking the debt deal to a referendum. He withdrew the plan Thursday after intense opposition from European leaders and his own lawmakers.

Greece is anxious to reach an agreement quickly. A meeting between the premier and Samaras today will discuss who will act as interim prime minister and the makeup of the cabinet. Papoulias also would chair a meeting of the heads of all political parties.

Faced with open rebellion from his own Socialist lawmakers and pressure to resign, Papandreou said he would step aside if an agreement could be reached securing the new European debt deal and the disbursement of a vital bailout-loan instalment without which the country will default within weeks. Samaras said he would only sit at the negotiating table if Papandreou resigned first. THE ASSOCIATED PRESS

Crude. Facsimile

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House yesterday in Washington.

EVAN VUCCI/THE ASSOCIATED PRESS

People against pipelines

Thousands, including Nobel laureate Jody Williams and movie star Mark Ruffalo, protested yesterday, trying to convince U.S. President Barack Obama to block a $7-billion project to carry Alberta oilsands crude through six American states to Gulf Coast refineries. They eventually joined hands surrounding the White House.

Australian Pontiac G8s recalled

General Motors Co. is recalling 38,400 Pontiac G8 models made in Australia to reprogram the front-passenger airbag module.

The National Highway Traffic Safety Administration said Saturday that the airbag modules for the 2008 and 2009 models might not comply with federal standards.

No complaints, crashes or injuries have been reported, GM said. But it did find that the airbag sensor could be delayed and put some passengers at increased risk for a head injury.

THE ASSOCIATED PRESS

Hefty severance for media CEO: The Guardian

British newspaper The Guardian reported that media baron Rupert Murdoch paid former News International chief Rebekah Brooks $2.7 million US and the use of an office as part of her severance package. It also said she was granted access to her company limousine. THE ASSOCIATED PRESS

SOVEREIGN DEBT

Italian excess comes to end

The Dolce Vita lasted for a long time in Italy, but now it's back to reality.

Postwar prosperity allowed hundreds of thousands of workers to retire with full benefits before the age of 50. Public spending ran over, creating bloated bureaucracies and a political class that consumes half of the national wealth generated each year.

But the bill for decades of excess is coming due, and the price to escape Europe's sovereign debt crisis is steeper than many feared.

Premier Silvio Berlusconi has asked the International Monetary Fund to monitor the country's reform efforts.

Italians are still hurting from the 2008 financial crisis. If Italy faces default on its enormous $2.62-trillion US debt, there's fear it will drag down the eurozone, if not the world economy.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 60.11 (12,408.25)	- 0.84¢ (98.36¢ US)
Oil	**Natural gas**
+ $0.19 US ($94.26 US)	$3.783 US (+ 0.5¢)
	Gold
	$1,756.10 US (- $9.00)

WELCOME
Come in. Start again.
Debts spinning out of control? Feeling overwhelmed?
We're here for YOU. For a FREE financial assesment,
meet with us and learn about our solutions. Learn how
you can stop the collection calls, protect your assets,
make one manageable payment on debt and start again.
519.310.FREE
or visit us at www.mclay.ca
McLay

WEIR ART THOU?

URBAN COMPASS

JILL ELLIS
METRO LONDON

Two cousins, who grew up not far from each other, both joined the military at 17, both fought with the Canadian Forces in the Second World War, both lived to come home, marry and raise families but never met. Eleven years ago, the same war that they fought in finally brought them together.

Charlie Weir, 87, grew up in Lucan and joined the Canadian army, while Bill, 84, was raised in what is now London's SoHo area and served in the Royal Canadian Navy. Charlie saw action in Belgium, Holland, Germany and England as part of the Essex Scottish Second Division. Bill served on a Corvette and a mine sweeper in the North Atlantic. They fought a common enemy but didn't know each other. "He could have sat down at the same table as me and I would have never known," says Bill.

Charlie had done some research on the family history and did know of Bill's existence but with a busy family of four girls he didn't pursue further investigation.

"Catching up on a lifetime of experiences and memories has been enjoyable. The affable and gregarious twosome has lunch weekly at the Byron Legion and attend each other's family events. "

That all changed in the summer of 2000. Bill and his wife Shirley were boarding a tour bus to the airport for a trip to Holland for veterans who helped liberate that country during the Second World War. As they got on, Bill mentioned to the organizer that their luggage hadn't been loaded yet. Looking puzzled, the chap asked his name, checked his list for Weir and replied that it had been loaded and they were ready to go. "I looked back and it (their luggage) was sitting in the parking lot, so he said, 'Charlie Weir's luggage has already been loaded.' 'But I'm Bill Weir,' I said, so we got that part straightened out, but I had to find out who this Charlie was," he explains.

Bill sat down next to Charles and his wife Irene. During that bus ride and the subsequent trip to Europe, the cousins figured out their connections. "Part of it was a cruise on the Rhine, so we had a lot of time to sit around and talk and that's when a lot of if came out," says Bill. They are second cousins because their grandfathers were brothers.

Catching up on a lifetime of experiences and memories has been enjoyable. The affable and gregarious twosome has lunch weekly at the Byron Legion and attend each other's family events. "Charlie and Irene are having their 65th wedding anniversary soon, and we'll be going to that. I expect he'll want a present," laughs Bill.

Charlie's regiment was part of the Dutch liberation, and Bill's ship led convoys to make sure they had the necessary supplies to do so. Thus, though they fought separately, the war really did bring them together.

Contact Jill Ellis at londonurbancompass@metronews.ca

So You Think You Can Climb raises money for charity

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The United Way is world-renowned for helping the needy get a leg up, but last week they got volunteers kicking up their heels for a good cause.

On Nov. 3, the United Way hosted So You Think You Can Climb? as local residents collected donation pledges in exchange for dancing up the stairs of One London Place. The money raised by these footloose philanthropists goes to the United Way London and Middlesex Community Fund, helping many charitable organizations in the area.

According to director of community engagement Kelly Ziegner, fundraising events like this one have a great impact: "Last year the London and District Distress Centre received 17,000 calls.... If you raise $250 in pledges, you cover the cost of that essential service for 12 hours."

Speaking of "Great" ideas, Wayne Gretzky comes to the London Hilton on Nov. 10 for a United Way fundraising luncheon. Tickets are, of course, $99. More info at uwlondon.on.ca

CRAIG AND MARC KIELBURGER

Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@feigningophelia:** Can't sleep... Disco Inferno running through my head #revengerstragedy #uwo #ldnthtr
- **@xtinarelke:** Spent the whole day in bed relaxing. Sooo happy I'm done midterms! Going to be super focused tomorrow #bejealous #riseandshine #uwo
- **@oakley_22:** Don't waste alcohol.. Drink it all!! #uwo
- **@vramms:** I wonder if the beer i drank out of the #yatescup last yr will taste even better the second yr around... #westernmustangs #UWO
- **@SUNtravelgal:** Clearing the deck. Summer's officially over as soon Ian removes my fav lounger from our #ldnont house.
- **@ShelbyCorriveau:** I am loving this weather!! It's gorgeous outside!! #ldnont Sunny with a nice breeze
- **@MonBon001:** I don't get why people come to the library, and then watch tv all day on their laptops. Why not just skip a step and stay in bed lol #uwo
- **@Sharpie93:** Big week of work... Need the clocks back about 24 hours #buckledowntime #uwo

photo of the day

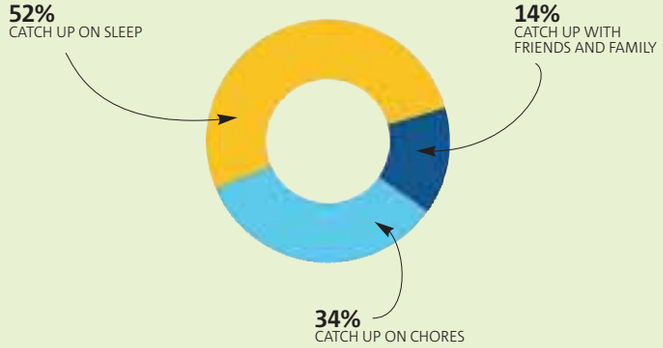
▶ This photo titled Autumn Wait at the Banff Train Station, was submitted to the Imagination category by stcarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

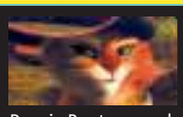
What would you do with an extra hour every week?



metro
METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • Distribution: london_distribution@metronews.ca • **Publisher** Irene Patterson, **Managing Editor** Jim Reyno, **Sales Manager** Charlotte Piper, **Distribution Manager** Rob Delvallet • **METRO CANADA: President & Publisher** Bill McDonald, **Vice-President, Marketing and Interactive** Jodi Brown, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem

2 scene

Box office



Puss in Boots earned $33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed $25.1 million in the No. 2 spot, while A Very Harold & Kumar 3D unwrapped $13 million at No. 3.
THE ASSOCIATED PRESS

Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.

Love on the rocks

Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month Singing about love doesn't mean you're good at it

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

KEVIN WINTER/GETTY IMAGES

Actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

Within the pop pairings there are more Bobby Brown and Whitney Houston examples than there are successful ones like Arcade Fire's Win Butler and Regine Chassagne.

If both partners are leaders in their bands, they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely musical couple in the movie Once, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and down," said Dragonetti when we spoke to him this past spring. "We're trying to figure it out. It gives us stuff to write about."

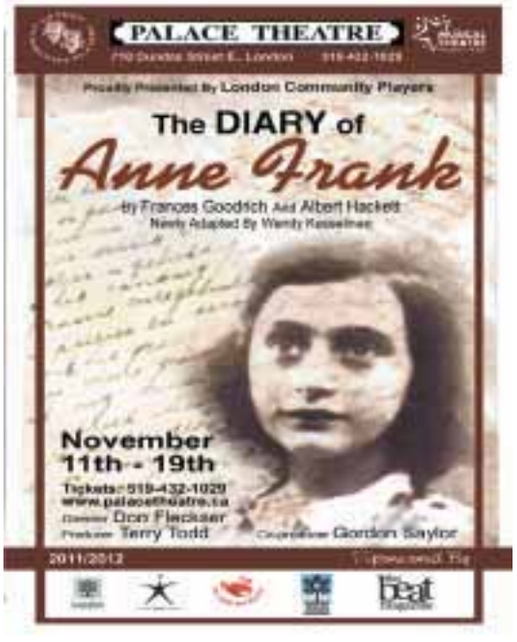
Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

OWN THE MOVIE EVENT OF A GENERATION.
THE EXPLOSIVE FINALE
YOU COULD WIN A COPY OF HARRY POTTER AND THE DEATHLY HALLOWS™ PART 2 ON BLU-RAY COMBO PACK OR DVD!
club metro .COM



ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

REGISTER AT CLUBMETRO.COM

club metro .COM

The Snooki empire keeps on growing

Metro catches up with Jersey Shore's leading guidette

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You know her as the gorilla-loving, boardwalk-dancing, fluffy boot-wearing meatball guidette on The Jersey Shore, but there is much more to Nicole "Snooki" Polizzi than hairspray and sequins.

The self-proclaimed "boss lady" is in the process of creating an empire, complete with Snooki-branded products and best-selling books.

Metro caught up with her at the launch of her newest venture — her very own fragrance (called, of course, Snooki).

What made you decide to launch your own fragrance?

I get a lot of opportunities to do a lot of things and I have always loved perfume since I was 13. I could never really find the right scent for me.

I would even try to mix Britney Spears with Juicy and just try to make the right scent but I could never find it.

And just the fact that I got to make my own perfume and have the scent that I wanted, and I think everyone else is going to enjoy it, it's great.

Is it Jionni-approved?

I definitely wanted Jionni to like it, because if he likes it, I know all the guys are going to like it.

So the fact that he loves it and he didn't even know it was mine, I knew I had it.

GETTY IMAGES

▶ Snooki now has her own fragrance. Its name? Snooki, of course.

Tell us about your new book Confessions of a Guidette.

It's different from my first, 'cause my first was a novel. This book is kind of like a how-to. A lot of people asked me where I get my fashion, or for tips on guys, tips on friends. So everything that people always ask me is in the book.

Anything you can tell us about season five of The Jersey Shore? What's the drama like?

I wouldn't say it's dramatic. Obviously, there is going to be drama, but it's a lot more fun. It's back to being fun and laughing with each other, because Italy was just very crazy with drama. I hardly had fun.

I was just homesick and wanted to be back. So the fact that we went straight to Jersey and filmed the next season, you're just going to see us so happy to be back at home.

How often do you hang out with your castmates when you guys aren't filming?

It's really hard because Pauly is DJing and everybody is doing their own thing. Jenni is promoting a lot of her stuff so it's really hard to see each other.

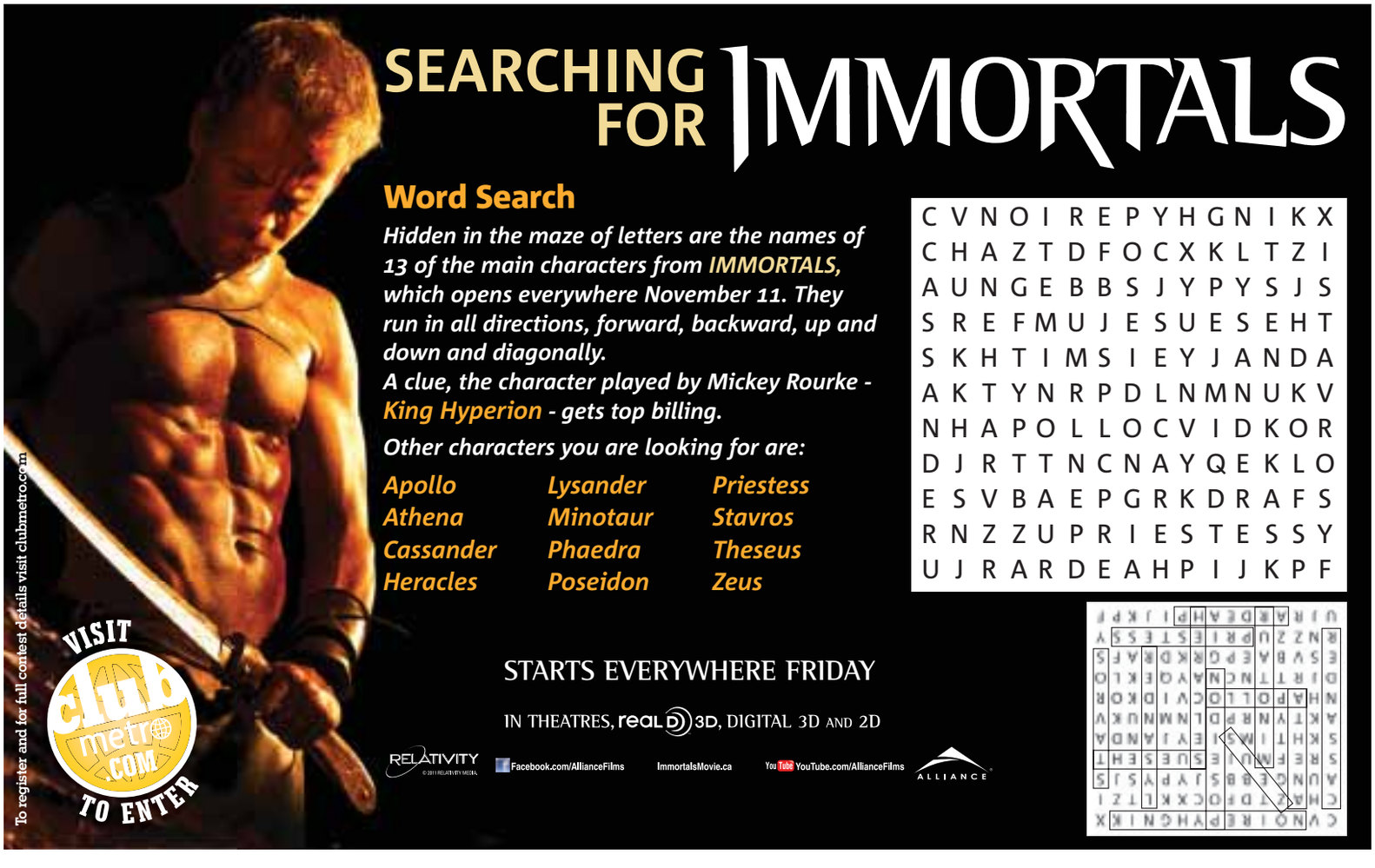
What's nice is when we do go to MTV together to promote the show or something, that's when we all see each other.

How are things between you and Mike, "The Situation"? Have you smoothed things out?

You're going to have to wait till the next season, but it's not a surprise that I don't like him.

You look amazing! What do you tell people when they ask you how you lost weight?

I stopped drinking. I hardly drink when we're not filming the show, so that helped a lot.


SEARCHING FOR IMMORTALS
Word Search
Hidden in the maze of letters are the names of 13 of the main characters from IMMORTALS, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.
A clue, the character played by Mickey Rourke - King Hyperion - gets top billing.
Other characters you are looking for are:
Apollo
Athena
Cassander
Heracles
Lysander
Minotaur
Phaedra
Poseidon
Priestess
Stavros
Theseus
Zeus
C V N O I R E P Y H G N I K X
C H A Z T D F O C X K L T Z I
A U N G E B B S J Y P Y S J S
S R E F M U J E S U E S E H T
S K H T I M S I E Y J A N D A
A K T Y N R P D L N M N U K V
N H A P O L L O C V I D K O R
D J R T T N C N A Y Q E K L O
E S V B A E P G R K D R A F S
R N Z Z U P R I E S T E S S Y
U J R A R D E A H P I J K P F
STARTS EVERYWHERE FRIDAY
IN THEATRES, real 3D, DIGITAL 3D AND 2D
RELATIVITY
Facebook.com/AllianceFilms
ImmortalsMovie.ca
YouTube.com/AllianceFilms
ALLIANCE
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

THE WOMAN CAUSING THE BIEBER DRAMA

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

Here is a booking photo, taken last year on Dec. 21, in Las Vegas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

ALL PHOTOS GETTY IMAGES

▶ Mariah Yeater

A fight broke out, Yeater assaulted the guy, and she was arrested, according to TMZ.com. Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher? That should settle things.

FOLLOW DOROTHY ROBINSON ON TWITTER @DOROTHYATMETRO

Did baby mama claims drive Biebs and Gomez apart?

- **Justin's camp on damage control**
- **Selena's rep denies the breakup**

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online.

"Selena ended it abruptly," a source says.

"His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admission that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

"Selena ended it abruptly."
-SOURCE

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. **METRO**

ALL PHOTOS GETTY IMAGES

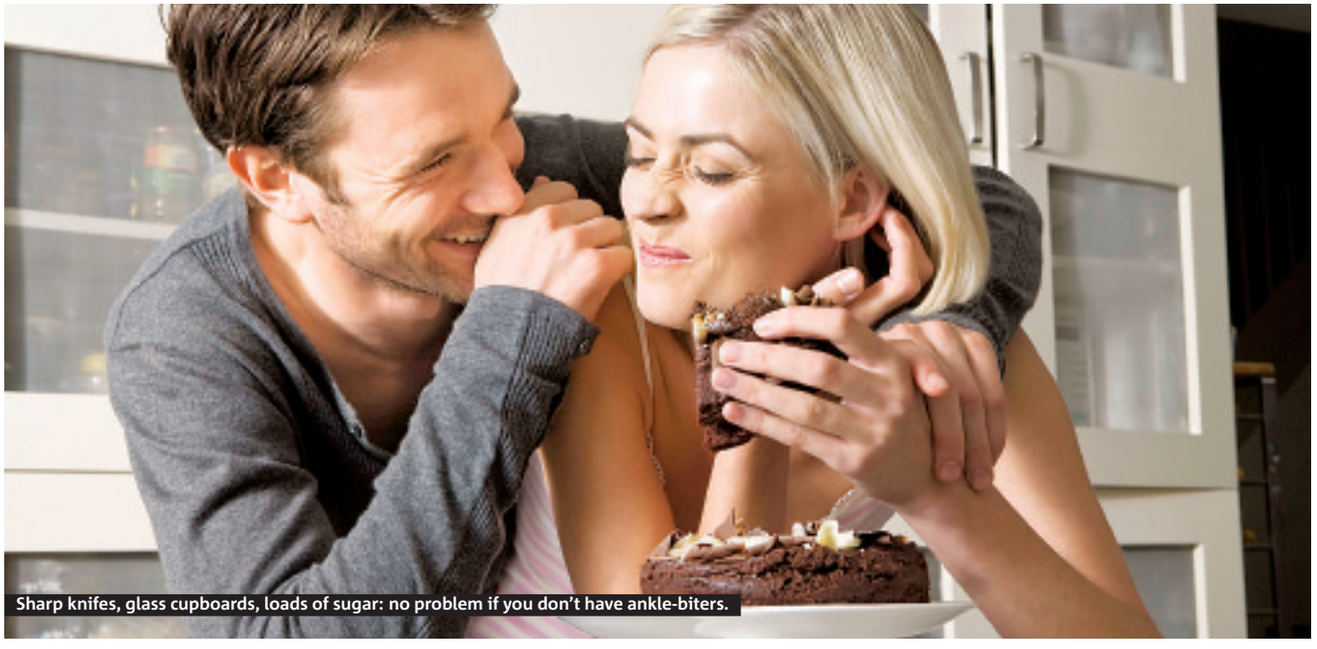
▶ Back in happier times: Justin Bieber and Selena Gomez

ENTER FOR YOUR CHANCE TO WIN 1 OF 2 GRAND PRIZES
55" PASSIVE 3D TV AND 3D BLU-RAY PLAYER FROM TOSHIBA
IMMORTALS
IN THEATRES
11-11-11
real D 3D AND DIGITAL 3D
immortalsmovie.ca
real D 3D
To register and for full contest details, visit clubmetro.com

Child free & coming out: Not having kids is a choice

With the population at 7 billion, do we really need more kids in the world? Saying you don't want to have children is no longer taboo More people are choosing to stay child-free

THINKSTOCK.COM



Sharp knifes, glass cupboards, loads of sugar: no problem if you don't have ankle-biters.

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of Complete Without Kids, who also cites declining birth rates in the West, as well as China and Japan as evidence. "For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be childfree will have more women her age who are in the same boat."

There are hundreds of reasons for not having kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step."
DR. ELLEN WALKER ON PEOPLE NOT HAVING CHILDREN

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be childfree is not only becoming a more popular life choice, but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see raising decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

"I encourage child-free adults to take time to consider this legacy question carefully," says Walker. "If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose. Otherwise, you will likely find yourself having regrets at some point about not having had kids."

SHOULD YOU HAVE CHILDREN?

DR. ELLEN WALKER
PSYCHOLOGIST

How do you know you don't want kids? "Very few potential parents actually take time to explore such questions prior to jumping into parenthood, but they should," says Walker.

1. You don't really enjoy being around children and the activities in which kids engage.
2. You aren't willing to make the sacrifices. You don't want to give up your hobby, aren't willing to make financial changes, don't want to risk damaging your marriage, or feel that focusing on your career is what you'd like your purpose in life to be.
3. You recognize that you don't have the stability to parent. Perhaps your marriage is rocky, you lack the support network, finances and the patience that a child needs and deserves.

3 life

Kids & colds

With cold and flu season starting, parents can expect to face plenty of runny noses, bleary eyes and persistent coughs.

The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

THE CANADIAN PRESS

New app called ShoeBox allows you to use your iPhone as a photo scanner.

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Canadian Breast Cancer Foundation ONTARIO
Act now to reduce your risk of breast cancer
reduceyourbreastcancerrisk.com

Boy or girl — should remain a surprise?

Expectant parents are divided as to whether it's good or not to know the gender of their unborn child
Don't find out and you have the surprise of a lifetime Reveal the baby's gender and you can plan ahead

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

Pregnancy is a period of enormous expectations: not only of the arrival of your newborn, but anticipation for the type of person her or she might turn out to be. Will he or she have daddy's blue eyes? Will he or she play violin at age two?

Few of such questions can be answered before your child arrives, but there is one thing that you can find out: the baby's gender. Your sonographer spots an appendage? It's a boy. Three neat little lines? It's a girl.

Finding out the baby's gender is a decision that truly divides opinion.

"I want to enjoy the surprise when the baby arrives," says Tamara Haines, operations manager for a film production company and expectant mom. "I want someone to hold the baby up and shout: 'It's a boy!' or 'It's a girl!."

Labelling the unborn baby 'shrimp' rather than Ethan or Isabella, means parents don't get to completely map out its life according to gender convention.

It won't come home to a nursery decorated with pirates or princesses and its parents won't have had the chance to pick its career as ballerina/hockey star — yet.

The type of parent who won't have a stroller in the house before birth because it invites bad luck is likely to feel superstitious about revealing the baby's gender, too. It also allows anxious parents to keep a distance emotionally in case things go wrong in the pregnancy.

There are, of course, lots of reasons to find out whether to expect a girl or a boy.

For some, coming face-to-face with a newborn will be all the surprise they need. Find out and you can spend the remaining trimesters getting your head round the whole trippy experience of having created a human being and can start to 'get to know' your baby. In the full 'nesting' mode, it helps with planning baby's wardrobe and nursery.

It also means that you can start choosing a name. These days it's a complicated game finding a name that's neither too popular nor too wacky.

There are also circumstances in which you could go either way. If mom is desperate for a girl, you might want to find out so she can come to terms with her disappointment. Or you might prefer to not know; when she sees her newborn the chances are she'll love it either way.

THIBNKSTOCK.COM

▶ "Yes, he looks like he could be a future president."

Dinner — on the run

It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade Try this hearty, speedy soup

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

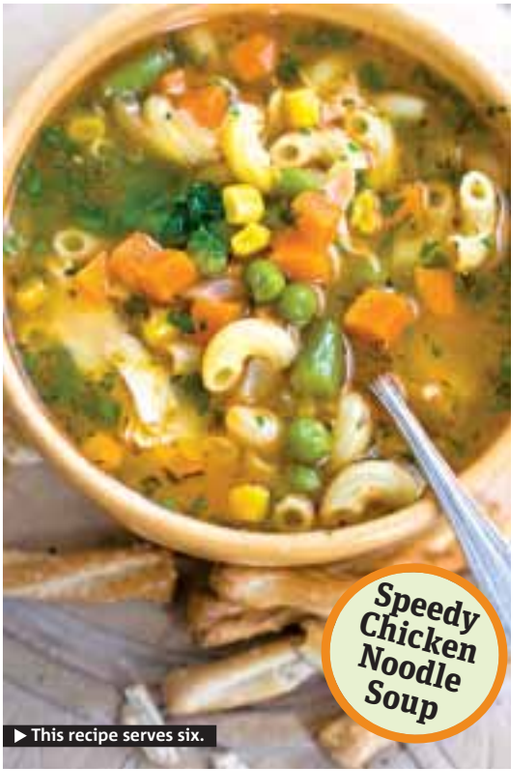
Which is why this quick chicken noodle soup is on the table in under 30 minutes.

The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth. You can even buy the onion already diced if that helps.

This soup also can be partly prepped ahead in batches to make your weeknight soup needs even easier to handle.

Simply buy several rotisserie chickens and double or triple the veggies needed. Fill zip-close freezer bags with some of each ingredient, add your seasonings, then freeze. When you need a soup fix, just toss the frozen prepped soup in a saucepan with broth, bring to a simmer and add the pasta.

For an especially nice touch, serve this soup with crusty sourdough bread topped with fresh mozzarella and popped under the broiler for a minute. It's great for dunking.



▶ This recipe serves six.

Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme leaves
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and ground black pepper
- 125 ml (1/2 cup) chopped fresh parsley

Preparation:

1. Remove meat and skin from chicken; discard skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.
2. In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5 minutes or until starting to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.
3. Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

THE ASSOCIATED PRESS

Rose Reisman's Swap It

Whether it's movie night or you've just come in from a long day out, pizza snacks are a convenient option. But be careful which ones you choose.

PIZZA POPS (TWO)

520 CALORIES/ 24 GM FAT/ 1,540 MG SODIUM

ONE PIZZA POP IS NEVER ENOUGH FOR A TRULY SATISFYING SNACK, BUT TWO WILL COST YOU MORE THAN 500 CALORIES AND YOUR DAILY SODIUM INTAKE. TWO PIZZA POPS ARE EQUIVALENT TO NINE ORDERS OF MCDONALD'S FRENCH FRIES IN SODIUM.

SWAP IT!

MINI PIZZAS (TWO)

360 CALORIES/ 12 GM FAT/ 800 MG SODIUM

SATISFY YOUR PIZZA CRAVING WITH THESE MINI PIZZAS! THEY ARE MORE FILLING THAN POPS AND HAVE HALF THE FAT AND SODIUM.

[FOR MORE, VISIT ROSEREISMAN.COM]

Soup isn't your thing? Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables

Stir-fried fall veggies team up with pasta and frozen cooked meatballs for a quick dinner.

Quick Pasta Preparation:

1. In a small bowl or measuring cup, whisk together ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.
2. Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.
3. Meanwhile, in a large deep non-stick skillet, heat remaining oil over medium heat; stir-fry onion for 1 to 2 minutes or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4 minutes.
4. Add broccoli and red pepper; stir-fry for 2 to 3 minutes. Add broth; cover, bring to a boil and cook for 3 to 4 minutes or until broccoli is crisp-tender.
5. Stir cornstarch mixture. Push ingredients to side of pan and gradually stir in starch mixture, stirring constantly until thickened. Stir in cooked pasta and heat until hot. Serve in bowls.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine or cider vinegar
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root
- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

THE CANADIAN PRESS H/O

▶ This recipe makes four servings.

Growth from grassroots

Neighbourhood giveaways on Freecycle Network go global; nearly 9 million members Are you in for free?

OFFER. WANTED. TAKEN.

With those three words, Deron Beal of Tucson, Ariz., helped move the yard sale online, only with no money changing hands.

Beal is the founder of The Freecycle Network, or Freecycle.org. It's a grassroots gifting network that — thanks to the sour economy and a growing commitment to the environment — has transformed into a global movement of millions offering, wanting and taking all manner of stuff.

Staffed by volunteer moderators and loosely overseen by Beal, Freecycle aims to let you share your old TVs, clothes, broken blenders, tire chains and moving boxes with people nearby, using email groups at Yahoo! and on the network's website.

There are nearly 5,000 Freecycle groups with about nine million members in more than 70 countries. Not bad for a guy who was simply trying to keep perfectly good stuff out of landfills, or find homes for stuff charities don't take, in his own community.

Freecycle can be effortless for people who can leave their old magazines, kitchenware or larger items on a porch for pick-up, but it can generate a lot of email and suck up more time in larger locales as giver and taker try to untangle their schedules and decide where and when to make an exchange.

Staffed by volunteer moderators and loosely overseen by Beal, Freecycle aims to let you share your old TVs, clothes, broken blenders, tire chains ... with people nearby

There's no real navigation at Freecycle. You sign up, wait in some cases to be approved by a moderator, and decide whether to take individual emails, daily digests of offerings or read the list online only.

Beal got the idea for Freecycle while working as a recycling co-ordinator for a non-profit in Tucson. The organization offered jobs to men in shelters to do concierge recycling by picking up things like old computers and office tables at shops, restaurants and other companies, then try to find homes for them at other non-profits.

"We had this old beat-up pickup truck, and would load up the pickup and drive from one non-profit to the next to see who could use this stuff. It was crazy, and taking way too much work to find new homes for perfectly good stuff," he said. "So I set up an email group, where anybody interested could join and they could pick it up themselves."

Alexandria Tristram, 42, in Manhattan, had no luck with a box of old computer cables during her first attempt at freecycling, thinking "someone who tinkers with old computer parts will want it." She ended up recycling them herself. Donna Goodhue, a moderator of the Freecycle group in St. Johnsbury, Vt., got involved in 2004 after seeing a TV news story about the network. At the time, there was a Vermont group near Burlington, but none in her area.

While browsing through the list of a nearby county about three years ago, Goodhue found a car that didn't run, at a time when she really needed one.

"My son drove over and got it. We boosted the battery and it started right up. It needed brakes and the sun roof leaked, so I would drive down the road with this umbrella open in my car when it rained. I didn't have a car at the time. It got me to work for eight months and it cost about $300 to fix the brakes."

THE ASSOCIATED PRESS

About Freecycle
Donate
Store
Sponsors
freecycle.org
changing the world one gift at a time
Find a group near you
GO
e.g. Tucson, Arizona
Welcome! The Freecycle Network™ is made up of 4,990 groups with 8,796,060 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers (them's good people). Membership is free. To sign up, find your community by entering it into the search box above or by clicking on 'Browse Groups' above the search box. Have fun!
TAKE YOUR COMPANY GREEN WITH
Freecycle™@Work
KRAMER LEVIN
NOKIA
Connecting People

Freecycle

It can be touch and go if you want to move something fast.

- **Items** Beds, garment bags, hangers, aquarium pumps, coffee makers, bicycles, toys, cribs, toasters, those paper wrappers for coins, air purifiers — the variety is endless. Some of it works, some of it doesn't. Some of it goes quickly and some might not go at all.
- **Moving stuff** While some people never get rid of their stuff, if you post an item today you'll usually have 10 responses within a minute on any given list, he said. Beal encourages people to wait a day before choosing a recipient to be fair to those who don't hover over email.

THE ASSOCIATED PRESS

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Act now to reduce your risk of breast cancer
reduceyourbreastcancerrisk.com
Canadian Breast Cancer Foundation ONTARIO

FINDING THE KEY TO RECYCLING

Our office just had the locks changed. Can we recycle our old keys? *Kim of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Why yes, you can!

Keys are considered scrap metal, but you cannot put them into your curb-side blue bins.

You need to find a metal recycler near you. To find a depot location, call the B.C. Recycling Hotline at 604-732-9253 or 1-800-667-4321 outside the Lower Mainland. Their phone lines are open Monday through Friday from 9 a.m. to 4 p.m. You can also email your inquiries to hotline@rcbc.bc.ca. They're outfitted with many hotline operators who would be happy to get back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and key-chain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out davistrading.com.

David Suzuki Foundation

ISTOCK PHOTOS

▶ It's easier than you think to find a place to recycle keys.

We can't help you manage this.

But we can help you manage this.

Show that stack of bills who's boss.

epost.ca – your one place for online bill management.

epost™

CANADA POST POSTES CANADA

From anywhere... to anyone

Nothing will get in his way

Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Jason Graca was five years old when he stared directly into his Dad's videocamera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

Three long years of saving, sacrifice and putting some money into the bank and Jason began to visualize his future as an entrepreneur.

PROVIDED

▶ Jason Graca has got plenty to smile about.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave it an ethnic twist and renamed it Manito's Rotisserie.

"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."
JASON GRACA
OWNER OF MANITO'S ROTISSERIE

It quickly became a hit and now Graco is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest.

I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

PROVIDED

▶ Jason Graca in his popular Portugese restaurant, Manito's Rotisserie.

Jason's tips

Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business owner can't do everything right all the time. Learn from your mistakes and turn them into successes.
- Study your failures. I'm still learning new things every day.
- Have a great team around syou. It's essential to have good people to talk to and bounce ideas around — good or bad.

Log in and learn from the best

Technology connects Canada's top minds with remote classrooms David Suzuki pays students virtual visit

Jacob Desender was brimming with curiosity as he approached the webcam to address a question to one of Canada's leading scientists.

The 12-year-old from a Manitoba farming community had always been intrigued by the cause of global warming and wondered how his classroom's virtual guest speaker would answer his query.

What he didn't expect was for David Suzuki to turn the question around and promptly ask, "What do you think?"

The real-time dialogue that ensued took place before about 6,000 students scattered in classrooms from Nova Scotia to Nunavut and left Desender in awe.

Scientists of Suzuki's international stature don't frequently stroll through his hometown of Marquette, Man., he said, adding modern technology allowed him to make the most of a learning opportunity unlike anything he'd experienced before.

NFB MEDIATHEQUE/THE CANADIAN PRESS

▶ Students and teachers participate in David Suzuki Virtual Classroom at NFB Mediatheque in Toronto.

The virtual encounter with Suzuki set him straight as to the cause of global warming, which he had long believed was simply a natural part of the planet's evolution and not a function of human activity.

"My family had been looking for an answer for so long, we just wanted to hear the truth," Desender said in a telephone interview. "I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted. . . . It was actually quite awesome."

Suzuki's virtual visit was the brainchild of the National Film Board, whose videos and documentaries have long been a staple of the traditional classroom environment.

Kristine Collins, manager of the board's national education program, said the idea emerged from a partnership with the David Suzuki Foundation, which was seeking a creative way to promote an autobiographical film of its founder's life entitled Force of Nature.

By leveraging the web-conferencing technology the foundation had at its disposal, Collins said the NFB saw a golden opportunity to bring Suzuki's life story and environmental message to thousands of Canadian middle and high school students.

Geographical scope was key to the project's success, Collins said, adding rural and northern communities are too often cut off from the sort of educational resources urban schools take for granted.

"I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted... It was actually quite awesome."
JACOB DESCENDER
12-YEAR-OLD STUDENT

"The response from the remote communities has been most surprising for me," she said. "I didn't know they'd have the technical capacity for this sort of thing, but also the thirst for this sort of experience. They never get to do stuff like this."

THE CANADIAN PRESS

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Canadian Breast Cancer Foundation ONTARIO
Act now to reduce your risk of breast cancer
reduceyourbreastcancerrisk.com

Super Bowl. Rematch

▶ Giants defender Michael Boley knocks the ball out of the hands of Patriots quarterback Tom Brady yesterday.

ELSA/GETTY IMAGES

Echoes of 2008 as Giants beat Patriots in dramatic fashion

Super Bowl or midseason game, Eli Manning is the master of last-minute comebacks against the New England Patriots.
Leading the New York Giants 80 yards in just over a minute, Manning hit Jake Ballard for a one-yard touchdown with 15 seconds left for a 24-20 win yesterday, repeating a come-from-behind victory similar to the 2008 title game between the teams. The loss put New England into a three-way tie for the AFC East lead with the Bills and Jets, who they visit next Sunday night. THE ASSOCIATED PRESS

Als limp into playoffs

Defending champs end season with three straight losses, letting Bombers take top spot

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

791
Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.

The key to success for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32) while surrendering just eight interceptions. But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

Montreal split its season series against Hamilton 2-2, with the home team winning each time. That should bode well for the Alouettes, who finished tied with Hamilton, B.C., and Edmonton for the top home mark at 6-3.

Another factor working in Montreal's favour is Hamilton's woeful 2-7 road record this season.

Calvillo was a central figure in all four games against Hamilton, passing for a combined 1,343 yards and seven TDs with no interceptions.

THE CANADIAN PRESS

NBA players given offer with an expiry date

"Today was another sad day for our fans, for arena workers, our parking lot attendants, our vendors."
UNION PRESIDENT DEREK FISHER

Commissioner David Stern gave NBA players an offer and a deadline: Accept a chance to earn up to 51 per cent of basketball-related income by Wednesday or get ready for a deal that's a whole lot worse.

He wouldn't call it an ultimatum, but it sure didn't sit well with the union.

"The players will not be intimidated," attorney Jeffrey Kessler said early yesterday after eight hours of negotiations stretched late into the night. "They want to play, they want a season, but they are not going to sacrifice the future of all NBA players under these types of threats of intimidation. It's not happening on Derek Fisher's watch; it's not happening on Billy Hunter's watch; it's not happening on the watch of this executive committee."

Kessler said the proposal was really 50.2 per cent for the players and called the chance of them ever reaching 51 per cent a "fraud."

If players don't agree to it by Wednesday, Stern said they would get a deal that would guarantee them just 47 per cent of BRI and call for a flex salary cap.

THE ASSOCIATED PRESS

4 sports

Quoted

"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead for an exciting, good football game."
EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.

Scan code for more sports news.

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

like us metro

HARD KNOCKS 365

Seeks self-motivated, energetic sales reps
Part time work; full time money.
No experience required, apply to
careers@hardknocks365.com
http://hardknocks365.com
226-663-2900

General Help

REAL ESTATE

Commercial Real Estate

Shop Rental-Dorchester,
260 Hamilton Cr. unit 4
1000 sq. ft.
Call 519-617-1573

RENTALS

Apartments Unfurnished

2 BEDROOM. Walk to downtown! $1000/month, includes heat/water, many upgrades, large yard, h/w floors. Overlooks Harris Park. **Call: 519-438-0451**

General Help

Inbound Customer Service Representatives needed

> Must have previous call centre experience with a strong sales background
> Flexible to work between the hours of 6 am – 12 midnight
> Clean credit and criminal check required
> Bilingual in English and French an asset but not required

Visit our office at Citi Plaza, 355 Wellington Street, 2nd floor M-F, 8:00am-5:00pm, or call us at 519.667.7774

Adecco
better work, better life

adecco.ca

Apartments Unfurnished

Apartments Unfurnished

CAPREIT APARTMENT RENTALS
visit us at caprent.com for more info

CAPREIT

724-744 Fanshawe Pk Rd

1 & 2 bdrms starting from $650 • Close to 24 hr grocery store • Minutes to Masonville shopping district • Beautiful ravine settings • Backing onto Stoney Creek • Walking distance to schools • Bus to U of Western Ontario & Fanshawe College

519 488 2431
ACT NOW & RECEIVE
A $500
MOVE IN BONUS

75-85-95 Fiddlers Green Rd

Bach, 1 & 2 bdrms starting from $690 • Spacious suites • Across from shopping centre • Transit at your door • Close to schools, banks • 5 minutes to Cherry Hill Mall • Transit to U of Western Ontario

519 488 2389
ACT NOW & RECEIVE
A MONTH FREE

twitter.com/caprent facebook.com/caprent
rentals@capreit.net caprent.mobi

MERCHANDISE

Merchandise for Sale

Expresso Walker Folds Flat & has a seat
Large basket, in excellent condition
Asking $90 or best offer
(519)435-0630

Ladies Blazers NOT USED
Size 12P by Bianca Nygard
$15 each
(519) 681-5587

5' tall Yucca tree in 18" pot
Ideal for a business
$99.00
(519)673-4953

Men's LEATHER Shoes size 9
In good condition
Made in Germany $ 10.00
(519) 681-5587

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

PETS

Dogs

ST.Bernard Puppies. 2 males, born Aug.13
Short Haired, Well Socialized,
First Shots,Dewormed
$500 519-669-2186

Public Auctions

PERSONALS

Personals

LET'S TALK MAN-TO-MAN
If you're a man who's had sex with a man we want to hear what's on your mind. Be part of our confidential survey and help us build a healthy community. Call us toll-free: 1-855-846-MALE (6253) Learn more at malecall.ca

SERVICES

Psychics

Psychic Readings by Jessica -
Help in all problems!
Call for free reading 305-456-9714

HEALTH & BEAUTY

Massage/Therapists

Become a Certified Practioner In:
Reg. Reflexology, Aromatherapy Massage, Reiki, & Hot Stone. **(519)-694-4325**
w.ocr.edu/teachers/kotsovos.htm

Public Auctions

NOTICE OF SALE

Storage-Mart #3001 328 Commissioners Rd. West, London, ON on Friday November 18th @ 10:30am Units: 0217B Ian Ritchie • Storage-Mart #3002 1020 Wonderland Rd S, London, ON on Friday November 18th @ 11:00am Units: 1134 Paula Chartrand, 1427 Raymond David, 2139 Amanda Larock, 3039 Sasha Briffett • Storage-Mart #3003 665 Adelaide St.N., London, Ontario Friday November 18th @ 10:00am Units: 0741G Xolani Halabangana, 1102A Jeff Pinney • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday November 18th @ 1:00pm Units: 337 Leigh Tyson, S230 Diane Hayes, 814 Pride Toombs • Storage-Mart #3032 85 Westney Rd. S, Ajax ON Friday November 18th @ 10:30am Units: 7038 Michelle Hardy, 8121 Shelly Bowskill, 9120 Sheik Ekball, 1121 Langelihie Siwela, 5020 Langelihie Siwela, 6100 Fiaz Baksh, 7041 Mark Nurse, 7163 Audrey Gallen • Storage-Mart #3033 1700 Alliance Rd., Pickering ON Friday November 18th @ 11:30am Units: D48 Rita Mclean, D53 Susan Passmore, E66 Mark Stines, F73 Wayne Parris, F27 Wilton Neale, J17 Forever Fitness Shoppe, P56 Mark Isaac • Storage-Mart #3034 996 Farewell Street, Oshawa ON Friday Friday November 18th @9:30am Units: 31C Cindy Sheppard, 16WC Bon Michael, 47N/48N Darlene Cochrane

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, tools, furniture, clothing, hockey equipment, mountain bikes, luggage, ladder, games, totes and boxes, leather recliner, speakers, mattresses, BBQ, covered boat, outboard motors, aquarium, fridge, golf clubs, exercise equipment, flat screen T.V. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

Massage/Therapists

BEST MASSAGE!!
255 Wellington Rd, 10 am - 9 pm, Mon-Sun
519-568-5178

HOUSEHOLD SERVICES

General Services

Bow Home Comfort Systems
519-438-0366
Government & OPA Rebates Available
High Efficiency Furnaces Installed from **$1695.00** (Inc 10 Yr Parts & Lab War)
"Saving Londoners' **MONEY** since 1988"

Do you suffer from knee pain?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.
Contact us now!
See if you qualify.
Participants will be compensated up to $300.00
Contact KGK SynergizeClinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com
KGK synergize

FALL EAVESTROUGH CLEANING
Lowest Rates/ Fully Insured
226-688-6090

Jack of all Trades -14 years Experience
Anything you need done - Free Estimates
Can do ANYTHING and EVERYTHING!
Call George at 519-521-8365

North River Projects
Drywall, Painting and Framing
Carpentry, Trim and Crown Molding
226-688-6090

General Services

The SOLAR Store
Your MicroFIT Solar Contractor
526 Adelaide St N 519-859-2634
andrew@thesolarstore.ca

Does your parrot talk too much?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Movers

Make the easy move! *Sprint Moving Service* Bonded, insured, 24/7 services, Rates start at $60/hour Free estimates
theeasymove.ca (519) 859-4770

Trades

Woman hardwood & laminate installer
Over 7 years experience in London & area
Hardwood, Laminate, Trim, Repairs, etc.
Free estimates- **Kristina** 519-670-4777

Junk Removal

CA$H PAID FOR SCRAP
We'll take anything! Pay for certain items. BBQ's, vehicles, batteries, copper, appliances, brass etc. Call for list: **226-234-0493**

ANNOUNCEMENTS

Community Events

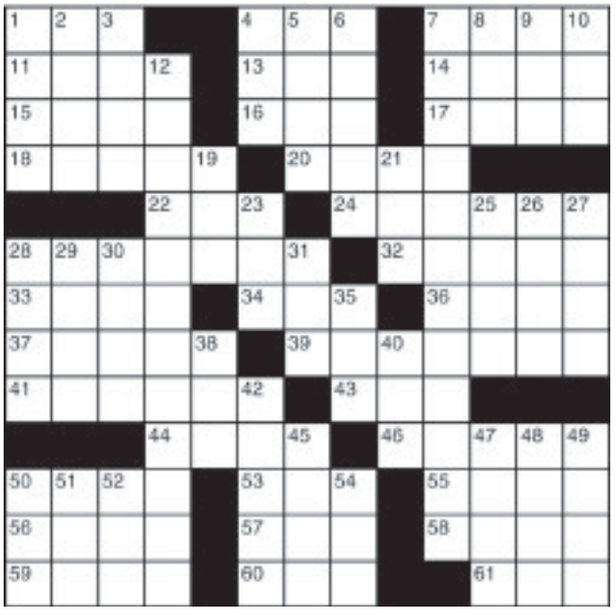
NEW Secondhand Shop "My Closet"
Located at 69 Wharncliffe Rd., North (Riverside Dr. and Wharncliffe Rd., N.)
Clothes for all occassions and every budget
Hours: Tues & Thurs 11 am - 3 pm
Wed & Fri 6pm - 8pm
Sat 10 am - 1:30 pm

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

True Appiness
Download the METRO APP for your iPad, Android, BlackBerry and iPhone.
App Store BlackBerry App World Android is a trademark of Google Inc.
metro

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



Across
1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady —
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint —
50 Bamako's country
53 Knight's address
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel

Down
1 Big party
2 Troop group
3 Note
4 Moreover
5 Go under
6 Tartan pattern
7 Feature near the door of a really old car
8 Indivisible
9 Commotion
10 Get dressed in
12 Cane
19 Torched
21 Meadow
23 Pooch
25 Furnace fuel
26 Rim
27 Darling
28 Coffee, slangily
29 Surrounded by
30 Uncool sort
31 Cage component
35 Pecan or almond
38 "— Town"
40 Atlas page
42 Suggest
45 Grow weary
47 By way of, for short
48 Rip
49 Show boredom
50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

▶ Yesterday's answer

B	A	S	I	C		I	S	M		F	D	A
A	L	A	M	O		N	E	O		E	R	R
H	E	M	A	N		S	A	M	U	R	A	I
		O	M	F	L	F	T		S	A	W	S
J	O	Y		S	A	C		T	U	L	L	E
I	D	E	A		S	T	A	I	R			
M	E	D	D	L	E		U	N	F	S	C	O
			A	I	R	E	D		R	A	I	D
W	E	D	G	E		X	I	I		M	A	O
A	M	O	I		D	E	T	R	O	P		
S	A	M	O	V	A	R		I	N	L	A	W
T	I	E		A	N	T		S	C	E	N	T
E	L	D		N	A	S		H	E	R	D	S

Sudoku

		3	4					
8		2						
	9			1			3	8
7					3	2	1	
		1		9		4		
	6	5	1					7
9	7			6			4	
						3		9
					5	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

King
You were fabulous Saturday afternoon. Who wouldn't adore you after a performance like THAT? **FROM YOUR #1 ADMIRER**

Laura Aly Moya
Seeing your beautiful face everyday drives me crazy! Your beautiful smile, your beautiful brown eyes, and your amazing personality. If you would give me a chance I'd be the luckiest guy ever... So , here I go ! Laura , will you be mine ? :$
FROM CESAR

Jory
Hey babe just want u to know i love u more than anything in the world.I also want to wish u a happy birthday. looking forward to a future with u in it. :)
FROM HEHE:)

lalala...
love ya, miss ya, kiss ya :)
FR

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is every possibility that you will come up with an idea that could change your life today.

♉ Taurus April 21-May 21 Don't be scared to blow your own trumpet this coming week.

♊ Gemini May 22-June 21 If there is something important that you need to say then say it now.

♋ Cancer June 22-July 22 You will be much more confident about your ideas over the next few days.

♌ Leo July 23-Aug.23 You need to be more open about your thoughts and feelings, especially if you are the kind of Leo who likes to project an image of self-control.

♍ Virgo Aug. 24- Sept. 22 You will find it easy to win friends and influence people today.

♎ Libra Sept. 23-Oct. 23 You have been worrying about your money situation for no good reason.

♏ Scorpio Oct. 24-Nov. 22 Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.

♐ Sagittarius Nov. 23-Dec. 21 There is a time and a place for work and a time and a place for play and the two should be kept as far apart as possible today.

♑ Capricorn Dec. 22-Jan. 20 Find something positive to say about everyone you meet.

♒ Aquarius Jan. 21-Feb. 18 No matter how difficult the challenges you have to face this coming week you will overcome them with ease.

♓ Pisces Feb. 19-March 20. Say what is on your mind, even at the risk of offending people.

SALLY BROMPTON

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Canadian Breast Cancer Foundation ONTARIO
Act now to reduce your risk of breast cancer
reduceyourbreastcancerrisk.com

HUMBER
The Business School

BUSINESS DEGREES

4-YEAR DEGREES THAT ARE BUILT FOR BUSINESS.

- Accounting
- e-Business Marketing
- Fashion Management
- Human Resources Management
- International Business
- Tourism Management

be more

business.humber.ca